



**VIRTUAL**  
***Ontario Gymnaestrada***  
**2021**

**Come together and (virtually) showcase  
your club's gymnastics spirit!**

**Club Participation  
deadline:**

**June 2, 2021**

**Broadcast: June 16, 2021**

# VIRTUAL ONTARIO GYMNAESTRADA 2021

## EVENT DIRECTIVE



**JUNE 16, 2021**  
**VIRTUAL EVENT WILL BE PUBLISHED ON**  
**GYMNASTICS ONTARIO'S OFFICIAL**  
**YOUTUBE CHANNEL**



<b>EVENT DESCRIPTION</b>	<p><b>Although we are unable to come together for an in-person Ontario Gymnaestrada due to COVID, this virtual event will bring our clubs together in an online showcase celebrating Ontario's love of gymnastics!</b></p> <p><b>Ontario Gymnaestrada</b> is a participation-based, non-competitive, group routine, gymnastics festival!</p> <p>A Gymnastics for All performance event that allows groups of all ages, gender, skill level, and discipline to showcase their talents, creativity, and love of gymnastics!</p> <p>Event website: <a href="http://www.gymnasticsontario.ca/ontario-gymnaestrada">www.gymnasticsontario.ca/ontario-gymnaestrada</a></p>
<b>PARTICIPATION &amp; INDIVIDUAL ELIGIBILITY</b>	<p><b>This event is open to all Gymnastics Ontario member clubs.</b>          There is no fee for clubs to participate in this virtual event.          All participants and coaches must be current active members with Gymnastics Ontario.</p> <p><b>A participating Gymnastics Ontario Member Club will produce <u>one or more</u> complete performance routine(s) (virtual or socially distanced). The routine(s) will feature the club's members (any age/level/discipline).</b>          (see <i>ROUTINES</i> sections below for full routine guidelines and check out the link to the Rhythmic Gymnastics Manitoba video that inspired this virtual event)</p> <p><b>Complete routine(s) will be submitted to Gymnastics Ontario and published on YouTube as a performance within our Virtual Ontario Gymnaestrada 2021.</b></p> <p><i>Please note: As this event is performance-based and non-competitive, there will be no judging/scoring of routines.</i></p>
<b>IMPORTANT DATES</b>	<p><b>June 2, 2021:</b> Deadline to submit performance routine(s) to Gymnastics Ontario  <b>June 16, 2021:</b> Virtual event published to Gymnastics Ontario's YouTube channel</p>
<b>G.O. CONTACT INFORMATION</b>	<p>Lauren Cohen          Gymnastics for All Program Manager, Gymnastics Ontario          Tel: 647-344-5149  <a href="mailto:gfa@gymnasticsontario.ca">gfa@gymnasticsontario.ca</a></p>

<b>COACH REQUIREMENTS</b>	<p>Coaches must be <b>minimum NCCP Foundations Trained (or Level 1 Certified)</b> in an appropriate gymnastics discipline and have completed the <b>Respect in Sport training program</b>. Coaches with athletes performing inverted flight skills must be <b>minimum NCCP Competition 1 Trained (or Level 2 Technical)</b> in the appropriate discipline and may not coach beyond their formal NCCP certification level.</p>
<b>ROUTINES: RECORDING &amp; VIDEO PRESENTATION</b>	<p>Clubs are responsible for ensuring that permission has been granted for those visible to have their image used and published. Where those visible in video submissions are under 18 years old, permission must be sought from their parents/guardians. Gymnastics Ontario will not accept any responsibility for misuse of image rights.</p> <p><b>Participating clubs will produce their own virtual (or socially distanced) group routine(s)</b></p> <ul style="list-style-type: none"> <li>• <b>Virtual routines</b> are compiled of individual recordings as participants are in different physical locations (e.g. at home). Individuals would submit their videos to the club and the club will combine the videos to create a full routine. See <i>Inspiration for Video Presentation</i>.</li> <li>• <b>Socially distanced routines</b> may be filmed with the participants in the same physical location: in a gym space that can safely accommodate the routine. Participants must maintain social distance throughout the routine.</li> <li>• The final routine video may be a combination of both virtual and socially distanced recordings.</li> <li>• <b>The final routine video must be in MP4 format.</b></li> </ul> <p><b><u>Inspiration for Video Presentation:</u></b>  This event was inspired by Rhythmic Gymnastics Manitoba’s virtual Gymnaestrada 2020. Check out their video on YouTube to be inspired on how to present your virtual routine: <a href="https://www.youtube.com/watch?v=683-YmZjREw">https://www.youtube.com/watch?v=683-YmZjREw</a></p> <p><b><u>Recommendations for producing your complete routine video:</u></b></p> <ul style="list-style-type: none"> <li>• <i>Group size:</i> A performance team may consist of any number of participants (suggested minimum: 8 participants). You may choose to include a select group of athletes or open participation to your entire membership.</li> <li>• <i>Teaching choreography:</i> Provide a video of the choreography for your routine to your participants for them to learn on their own.</li> <li>• <i>Teaching choreography:</i> Teach the choreography to your participants during a virtual lesson (i.e. on Zoom).</li> <li>• <i>Deadlines:</i> If receiving individual recordings from your participants (virtual routines), provide a reasonable deadline for the club to receive these recordings so that they can be compiled into the final routine video.</li> <li>• <i>Editing:</i> Utilize the split screen effect to put multiple videos in view at the same time.</li> <li>• <i>Editing:</i> Keep length of the music in mind when combining videos.</li> <li>• <i>Editing:</i> Add your music once all videos have been combined as desired.</li> </ul>

<p><b>ROUTINES: CHOREOGRAPHY &amp; SAFETY CONSIDERATIONS</b></p>	<p><b><u>Choreography</u></b> Clubs can choose to use <b>original</b> or <b>previously developed</b> choreography. <b>HAVE FUN WITH YOUR ROUTINE!!!</b> Be creative; include costumes, make-up, props, equipment, or anything your imagination can create!</p> <p>The Ontario Mass Routine 2020 is an option for clubs looking to use a previously developed choreography. Information and videos for the Ontario Mass Routine 2020 can be found at: <a href="https://www.gymnasticsontario.ca/ontario-mass-routine/">https://www.gymnasticsontario.ca/ontario-mass-routine/</a></p> <p><b><u>Safety</u></b> Participants who are practicing and/or recording outside of the gymnastics facility should not be asked to perform skills considered to be high-risk for that individual.</p>
<p><b>MUSIC CONSIDERATIONS</b></p>	<p>Each group will have the opportunity to choose their own music for this event. <b>Music with vocals is allowed and must be appropriate for all ages.</b></p> <p>Music use in videos posted on social media, including YouTube, must comply with fair use guidelines for copyright materials. More information: <a href="https://support.google.com/youtube/topic/2676339?hl=en&amp;ref_topic=6151248">https://support.google.com/youtube/topic/2676339?hl=en&amp;ref_topic=6151248</a></p>
<p><b>FILE SUBMISSION TO GYMNASTICS ONTARIO</b></p>	<p>Clubs may produce (and submit) one or more complete performance routines. <b>For each routine, Clubs must submit a <i>Video File</i> and <i>Routine Description Form</i>.</b></p> <p><b><u>Files will be submitted to Gymnastics Ontario via Dropbox Upload</u></b> <b>All Video files (MP4 format) and Routine Description Forms must be <u>uploaded by June 2, 2021, at 6:00PM.</u></b></p> <p><b>Link to submit files to Gymnastics Ontario:</b> <a href="https://www.dropbox.com/request/rGHty7dUAJvYgYqHIIaA">https://www.dropbox.com/request/rGHty7dUAJvYgYqHIIaA</a></p>
<p><b>COVID GUIDELINES</b></p>	<p>All member clubs must follow all Provincial COVID Guidelines and abide by their local public health unit requirements.</p>
<p><b>MEDICAL</b></p>	<p>All member clubs must follow their own club's procedures in the event of injury.</p>
<p><b>EVENT BROADCAST</b></p>	<p>The Virtual Ontario Gymnaestrada 2021 will be published on June 16, 2021, to Gymnastics Ontario's official YouTube channel: <a href="https://www.youtube.com/GymnasticsOntarioOfficial/">https://www.youtube.com/GymnasticsOntarioOfficial/</a></p>